



**RANCHO LOS AMIGOS**  
NATIONAL REHABILITATION CENTER

## **For Immediate Release**

Contact: Cheryl Guinn  
Rancho Los Amigos  
(562) 401-7602  
[cguinn@dhs.lacounty.gov](mailto:cguinn@dhs.lacounty.gov)

### **Rancho Los Amigos to Host Community Stroke Health Fair**

#### **Event Will Feature 1K and 5K Walk/Run, Education, Health Screenings**

DOWNEY, Calif., September 17, 2009 -- Rancho Los Amigos National Rehabilitation Center in Downey will host its 3<sup>rd</sup> Annual **“Stroke Health and Wellness Fair, “Roll Around The Ranch,”** on **Saturday, September 26 from 8:00 a.m. – 12:00 p.m.** The event is free and open to the public, and a great way to learn about risk factors and prevention.

Activities will include a 1K and 5K run/walk/roll, health education booths and literature, Kids Fun Run, Interactive Art Station, bowling, ping pong, Wii and Wii Fit, music and entertainment, raffle and lots of fun for the whole family. Advance registration is recommended by calling (562) 401-6241.

“The importance of education on stroke is critical to saving lives,” says Rancho CEO Jorge Orozco. “The Roll Around the Ranch” event provides patients and the public with an excellent opportunity to learn about stroke, preventive measures, and recovery after stroke.”

The event is sponsored by Rancho’s Stroke and Gerontology Services to increase awareness of stroke health and wellness, and how to reduce stroke risk by practicing proven wellness skills such as weight control, high blood pressure monitoring, exercise and other activities. Stroke is the third leading cause of death in the United States. There are approximately 6 million adults in the U.S who are living with the effects of a stroke and many strokes are preventable.

Rancho provides intensive rehabilitation services for patients diagnosed with strokes. In 2008, Rancho opened its Acute Stroke unit to admit patients directly from the emergency rooms at LAC+USC and Harbor/UCLA Medical Centers. This new service provides faster access to acute medical care for a special stroke population that only needs a few days admission before discharge home.

**About DHS**

The Los Angeles County Department of Health Services is the second largest municipal health system in the nation, serving the county's low income, indigent and uninsured populations through three teaching hospitals and a national rehabilitation hospital, Rancho, and multiple health centers and clinics. DHS is a leader in chronic disease management and innovative programs for children in foster care, homeless, and other vulnerable populations.

**About Rancho**

Rancho Los Amigos National Rehabilitation Center has over 50 years of experience providing quality care for persons with disabilities. Rancho's mission is to provide each patient with superior medical and rehabilitation services in a culturally sensitive environment. Rancho is one of the largest comprehensive centers and is world renowned in the field of medical rehabilitation. Rancho continues to be consistently ranked as one of America's Top 20 Best Rehabilitation Hospitals 2009 by U.S. News and World Report. For more information, please visit [www.rancho.org](http://www.rancho.org).

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9/16/09

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